Want Better Sleep?

Come learn some tips for good sleep and how RIH's services can support healthy sleep habits

Monday, March 11, 2024 • 11 A.M. - 12 P.M. • Center for Well-Being Room 118

Students who attend will receive a Sleepy Time bag filled with items to promote a good night's sleep!

*until supplies run out

To learn more, view this event on myUMBC

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